



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Vegan Pumpkin Muffins (9 servings)

Ingredients

1½ batches flax eggs
(1½ Tbsp flax seed meal + 4 Tbsp water)

2 Tbsp apple sauce

¾ cup pumpkin puree

⅔ cup coconut sugar

¼ cup maple syrup

¼ cup olive oil

1 tsp vanilla extract

2 tsp baking soda

¼ tsp sea salt

½ tsp ground cinnamon

1 ¼ tsp pumpkin pie spice*

½ cup water

½ cup almond meal (*ground from raw unpeeled almonds*)

¾ cup gluten-free rolled oats

½ cup chopped walnuts

1 cup gluten-free flour blend

Crumble Top (*optional*)

3 Tbsp muscovado sugar
(*or substitute organic brown sugar or coconut sugar*)

¾ Tbsp gluten-free flour blend

2 Tbsp roughly chopped pecans, pepitas, or walnuts

¼ Tbsp coconut oil

1 pinch each cinnamon + pumpkin pie spice

Preparation

- Preheat oven to 350 degrees F (174 C) and lightly grease a standard size muffin tin (will make 9-10 muffins as original recipe is written // adjust if altering batch size). Dust with gluten free flour and shake out excess.
- Prepare flax egg in a large mixing bowl. Let set for 5 minutes.
- Add banana and mash, leaving a bit of texture.
- Add pumpkin purée, muscovado sugar, maple syrup, olive oil, and vanilla extract and whisk for one minute.
- Stir in baking soda, salt, cinnamon, and pumpkin pie spice, and mix. Add water and whisk once more.

*DIY Pumpkin Pie Spice: 2 tsp ground cinnamon, 2 tsp ground ginger, 1 tsp ground nutmeg, ½ tsp ground cloves



- Add almond meal, gluten-free oats, and gluten-free flour blend and stir until just combined. The batter should be thick and scoopable.
- Divide batter evenly among 9-10 muffin tins

Crumple Topping:

- Add crumble ingredients in mixing bowl and mix together until crumbly like wet sand.
- Generously top muffins
- Bake for 30 minutes or until tops are golden brown and a toothpick or knife comes out completely clean. *(Gluten-free flour blend takes longer to cook, so it is better to slightly over-bake, so they cook all the way through.)*
- Let cool for 5 minutes in the muffin tin, then gently remove and cool completely on a cooling rack. Enjoy warm or at room temperature.
- Once completely cooled, store in a covered container at room temp for 3-4 days. Can freeze up to a month.

Nutritional Information (1 muffin serving)

(Approx. 329 calories per serving w/topping)

<i>Fat:</i>	12.7 g
<i>Saturated Fat:</i>	3.1g
<i>Trans Fat:</i>	0 g
<i>Cholesterol:</i>	0 mg
<i>Sodium:</i>	341mg
<i>Carbohydrates:</i>	52.6 g
<i>Sugar:</i>	27g
<i>Fiber:</i>	4.9g
<i>Protein:</i>	4.6 g